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戸  
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戸隠流遁甲の術    Togakure Ryu Tonko no Jutsu  
(Hidden Door School Escaping Forms)

# 目録

Mokuroku

(Catalogue)

## 戸隠流遁甲の術

Togakure Ryu Tonko no Jutsu  
(Hidden Door School Escaping Forms)

### 木遁の術

木遁の術 Mokuton no jutsu (Wood Element Techniques)

### 火遁之術

火遁之術 Katon no jutsu (Fire Element Techniques)

### 土遁之術

土遁之術 Doton no jutsu (Earth Element Techniques)

### 金遁之術

金遁之術 Kinton no jutsu (Metal Element Techniques)

### 水遁之術

水遁之術 Suiton no jutsu (Water Element Techniques)

### 人遁之術

人遁之術 Jinton no jutsu (Human Element Techniques)

## 禽遁 / 獸遁 / 虫遁 / 魚遁

禽遁 / 獸遁 / 虫遁 / 魚遁    Kinton (Bird Evasion) Juton (wild  
Animal Evasion) Chuton (Bug Evasion) Gyoton (Fish Evasion)  
Animal Elemental Techniques

## 日遁之術

日遁之術    Nitton no jutsu    (Sun Element Techniques)

## 月遁之術

月遁之術    Getton no jutsu    (Moon Element Techniques)

## 星遁之術

星遁之術    Seiton no jutsu    (Astronomy Element Techniques)

## 雲遁之術

雲遁之術    Unton no jutsu    (Cloud Element Techniques)

## 霧遁之術

霧遁之術    Muton no jutsu    (Fog Element Techniques)

# 木遁之術

木遁の術 Mokuton no Jutsu (Wood Evasion Art)

This is the strategy for hiding oneself in bushes and /or behind trees. Then either attack, the enemy or escape, using the brush for concealment.

The principles of Mokuton include:

Using the contrast between sunshine and shade created by brush or grassland, wearing brush, leaves or grasses, capturing the enemies attention by using brush and grasses to make distracting noises and movements, simulating a person hiding in the brush.

## 偽装之法

偽装之法 Gisou no Ho (Camouflage Method)

This is a method of concealment by using the surrounding plant life to evade, escape or infiltrate.

You must observe what kind of plant life is ‘normal’ for the area in which you need to hide in (the more dense the area is, the better).

The method is to tie a Tatsuki (cord) or your sword Sageo around your body and shoulders in order to attach undergrowth, leaves, branches and flowers (depending on the type of undergrowth) vertically into the Tatsuki (insert the foliage to both front and back of your body). Pay particular attention to breaking the line of your shoulders. This will make your form harder for your enemy to see.

The main point is to only use plant life from where you intend to hide. If you move from there to an area with different plant life, you

must change it to this. Also, do not use a lot of different types of plant life as it will make you easier to spot.

## 蹲隠之法

蹲隠之法     Uzura Gakure no Ho     (Crouch And Hide Method)

This is the method used for blending in with the surrounding plant life and then attacking your enemy by leaping out close to him and cutting him down using the element of surprise. Firstly you need to use Gisou no hou 偽装之法.

You need to be as close to the edge of the undergrowth as possible for this method to be effective – if you make too much noise leaping out from the undergrowth, you will give your enemy time to respond. You should wait for your enemy to be at a close enough range for you to effectively surprise him and cut him down.

## 目潰之法

目潰之法     Metsubushi no Ho     (Eye Crushing Method)

For this method you need to cut a branch (about 4 foot) from a tree, a bamboo or a thorn bush. Hold it behind you in your left hand (allow it to touch the ground) and hold your sword in your right hand.

As the enemy approaches keep the branch behind you and your sword to the front – approach with caution. When you are at a distance where both swords are nearly touching, bring the branch forward in a whipping motion straight across the enemy's eyes – when the enemy flinches, either finish him with Bikenjutsu or escape to the rear.

# 偽変木遁之法

偽変木遁之法 Gi Hen Mokuton no Ho (Deceptive Tree Evasion Method)

This is a method of causing a distraction for escape, evasion or attack by shaking the branches of a tree to make the enemy think that you are there.

In this method you can use a kamayari to shake the branches of a tree so that you make the enemy think he has discovered you. Alternatively, you can attach a rope to the branch and attach a wild animal to the other end of it. As the animal tries to escape, the branch will move thus making the enemy believe that you are in the tree. For added effect, you can also place your jacket in the tree so as to make the enemy investigate further and buy you more time.

# 倒木偽変之法

倒木偽変之法 To Boku Gi Hen no Ho (Falling Tree Deception Method)

This is a method of crushing your enemy by making logs or bamboo fall on top of him. You can also topple them to create a distraction to aid escape, evasion or infiltration.

There are many applications of this – but to mention a couple, you stack heavy bamboo poles or logs at the side of a path that you know your enemy will be using, and when he is parallel with them, topple them onto him by pushing them over from a high vantage point. Or, tie heavy bamboo poles or logs to a roof or a high bank – when discovered by a pursuing enemy, cut the rope to make them fall towards the enemy and aid your escape.

# 火遁之術

火遁之術    Katon no Jutsu (Fire Evasion Art)

Katon no jutsu is a way of capturing the sight and attention of the enemy by creating natural fires from the combustion of various natural substances, including powders, grasses, oils and so fourth, then attacking from unexpected directions or escaping. In the Togakure Ryu, ninja warriors usually carried black powder made from kiribai (paulownia wood ash) and sulphur. The powder was mixed in proportion to the strength and amount needed to accomplish the task at hand.

When the ninja employed their black powder mixes, they frightened their enemies by throwing black powder mixes directly at them, setting fire to grasses, brush and trees, and throwing powder mixes into hibachi charcoal braziers or furnaces. When the mixes exploded, they took the enemy by surprise during which time the ninja warriors made sudden attacks, hid themselves in the moats of castles, on the roofs of houses, in trees, or under the floor.

The most important factor to bear in mind when employing katon no jutsu tactics is the weather, especially meteorolgical conditions such as wind and rain.

## 火攻之法

火攻之法    Hizeme no Ho (Fire Attack Method)

This is a method of trapping and killing your enemy by surrounding him with fire.

First, the Ninja prepares the area with the combustible materials to light and create the fires – this must be hidden from plain sight.



The strategy depends on the situation – so, if the Ninja was being pursued, the idea would be to lead the enemy to the area that the trap had been placed, the Ninja would then hide on the outer rim of the area and when the enemy/enemies entered the area, the Ninja would light the combustible materials. The fire would quickly surround the enemy and kill him. If the enemy escaped the fire, the Ninja would cut him down.

If the situation was that the Ninja wanted to kill an enemy using this technique directly, then the trap would be laid on a path that the Ninja knew was going to be used by his enemy – the rest is the same.

The direction of the wind is a very important factor to consider in this technique – also important is being aware of potential rain. This will be covered in another volume ‘Tenmon Chimon’.

## 熱湯之法

熱湯之法    Netto no Ho    (Boiling Water Method)

Again, as with most methods, this depends on the circumstances in which the Ninja finds himself in. The idea is to stop your enemy in his tracks by throwing or pouring boiling water (or oil) onto him.

The Togakure Ninja would keep pots of water/oil boiling – if they were at camp, then high ground was preferred, with this advantage, if they were discovered and attacked, they could pour the boiling liquid onto, or throw the liquid at the enemy. If the Ninja wanted to create an escape route, then pots of boiling water could be placed under slow burning fires at a high point and used in the same way to slow the pursuit and injure the enemy. If the Ninja was defending a castle wall, the same principle would be used to prevent the enemy from approaching or climbing the castle walls.

# 煙幕攪乱之法

煙幕攪乱之法 En Maku Kaku Ran no Ho (Smokescreen Disturbance Method)

In this method, water is poured onto a fire to create a smokescreen to aid escape, evasion or infiltration.

As we have already discussed, the Ninja would boil liquid on a fire. If the Ninja wanted to create a smokescreen, the wind direction would be observed, then the Ninja would position himself so that the wind was blowing in the correct direction (i.e. if the wind was blowing towards the enemy, then that was preferable), and then the water would be poured onto the fire to create the smoke.

Another method for creating smoke was to burn dry grass.

# 鬼火之法

鬼火之法 Oni Bi no Ho (Fire Demon Method)

This method used superstition as an advantage – Japanese people hold the belief that the spirits of the dead float in the air. So this method was used to make people believe that certain areas were haunted.

The Ninja would soak lengths of cloth in oil and then bind them to lengths of bamboo that could either be carried, staked in the ground or hung from trees. When lit at night, they would look like floating fire balls (fire demons).

# 息討器之法

息討器之法 Soku To Ki no Ho (Breath Attack Tool Method)



The Soku Toki was a small box with Metsubushi mixed with burning charcoal (blinding powder) inside it – the Ninja blew into the one end and the powder would be released out of the other end towards the enemies eyes. This was also used by the Edo period police.

The Ninja would use a red Oni (demon) mask in conjunction with this to create fear and also to create the illusion that the demon was breathing fiery smoke.



Again, the Ninja had to determine wind direction to use this technique effectively.

# 土遁之術

土遁之術    Doton no Jutsu (Earth Evasion Art)

Doton no jutsu is the method of using the terrain and its features as tactical advantages. Ninja made sudden attacks from uneven terrain, and threw mud or stones instead of shuriken to blind and distract the enemy. Often, ninja warriors would throw rocks or stones in the opposite direction of their path of travel as a distraction.

## 目潰之法

目潰之法    Metsubushi no Ho (Eye Crushing Method)

This method is to use dirt as Metsubushi by either kicking it up at your enemies face or grabbing handfuls of dirt and throwing it at your enemies' eyes. This is done to aid escape, evasion or infiltration. If you wish to kill your enemy, it is preferable to do it swiftly with this technique.

If you are kicking the dirt up into the enemies face use Bikenjutsu Gedan no Kamae and edge forwards slowly and as you do, dig your front toes into the dirt to gather it in front of your foot (your front foot does not leave the floor). Try to divert attention to your sword as you do this. If you are grabbing dirt with your hands, use an Ukemi type movement – so you go to the ground quickly and rebound quickly – and at that instant, you throw the dirt at the enemies eyes.

These can also be done with sand.

# 土竜之法

土竜之法    Mogura no Ho    (Mole Method)

The actual Kanji for this technique ‘土竜’ means ‘Soil Dragon’ – but the modern translation is ‘Mole (Gikun)’.

This is a method for attacking an enemy with a sword or a spear from a hidden vantage point below the ground (below the level of the enemy).

If this technique was to be used in a building, then the Ninja would hide under the floor (in the crawlspace under the house) and wait for his enemy (to wait by a creaky floorboard would have been a good indication of location). When the right moment came, the Ninja would stab up through the floor with either a sword or a spear.

If this technique was used outside, the Ninja would dig a hole in the ground – this would be concealed by laying bamboo poles across it and laying grass and vegetation on top of that. As the enemy walked past, the Ninja would stab up with either a sword or a spear (this technique was best used at a place where the Ninja knew the enemy would pass – special care and attention had to be employed if the area was well known to the enemy – any changes would be noticed).

# 落花之法

落花之法    Rakka no Ho    (Method Of Falling Petals)

This method is to lure your enemy to fall into a hidden hole, then to kill him. This can be used as part of a strategy for escape, evasion or infiltration.

As with the last technique, dig a hole and camouflage it well. If the enemy is chasing you, then you must go in a direction that will guarantee that the enemy will fall into the hole. If you and your

enemy are face to face, then you must keep your enemy at bay and manoeuvre him so the hole is between you and the enemy. You then coax the enemy to attack thus making him fall into the hole.

At that point, kill the enemy.

## 隱遁之法

隱遁之法      Inton no Ho      (Escape And Conceal Method)

This is another method of using a pre dug hole in the ground – again – for escape, evasion or infiltration. You can also use a natural hollow for this method.

If you are discovered, or are about to be discovered, then retreat and hide in the hole until the danger has passed. If you are discovered whilst using this method, use Mogura no Ho.

## 雪遁之法

雪遁之法      Sekiton no Ho      (Snow Evasion Method)

This method is for using Doton no Jutsu in the snow.

If you are lying in wait in a hole or are luring the enemy towards a hole that is concealed, then you must ensure that it is still snowing – this will naturally camouflage the trap.

If you are using the sides of a path where the snow has naturally drifted, then you must pre dig the holes and conceal them with a false wall of snow.

The principles of Doton no Jutsu are the same.

# 金遁之術

金遁之術      Kinton no Jutsu      (Metal Evasion Art)

Kin Ton no Jutsu takes advantage of sound or light from metallic objects to deceive your enemy, infiltrate enemy territory, attack an adversary, or escape from danger.

## 餌之法

餌之法      Kodama no Ho      (Tree Spirit Method)

This method once again plays on the superstitions held by the Japanese from this time period – if one or more Ninja were to remain hidden in a wood or a forest and strike metal on metal repeatedly, this would make people believe that the woods/forest was haunted by tree spirits. This method also uses sudden unexpected loud noises, such as thunder or a bell chiming, that startle the enemy to the advantage of the Ninja.

When working in a team, when the enemy approached, the Ninja would strike metal on metal to confuse and scare the enemy, and in the confusion, one or more Ninja would approach and kill the enemy. Needless to say, this method can be used for escape, evasion and infiltration.

## 光之法（合図）

光之法（合図） Hikari no Ho (Aizu) (Light Method – Signals)

This method is used for signaling by reflecting sunlight off a polished plate or mirror. By facing the sun and tilting the mirror back and forth, the mirror reflects the sun and light bursts are created. Alternatively, by passing your hand over the mirror covering and uncovering it, this can also be used for signaling.

## 光之法（目潰）

Hikari no Ho (Me-Tsubushi) (Light Method – Eye Crush)

In the Koto Ryu, there is a sword Kamae called Mangetsu no Kamae – similar to Hoko no Kamae – sword handle in your right hand, back of the blade in your left. It is said that there were 2 methods for using this Kamae. First was if it was raining, the swordsman would collect water in the Hi (Blood Groove) of the sword and flick it towards the enemies eyes. Second was to catch the sun's rays in the blade of your sword. When the enemy was blinded by this, he was dispatched.

The Togakure Ryu use Kasumi no Kamae from Bikenjutsu with the same principles in mind. If the Ninja had a shiny flat plate to hand (mirror), then this was used as in the last technique to harness light from the sun but this time to blind the enemy. Escape, evasion or infiltration was the deciding factor in whether your enemy then lived or died.

## 陰陽之法

In-Yo no Ho (Light/Dark Mathod)

This method is to take advantage of the contrast between light and shade – and the time the human eye takes to react to this change.



Regardless of whether it's daytime or night time (the moon casts shadows), this method can be used to great effect.

Trees, bushes, rocks, walls etc. all create shadows. This method is to hide in the shadows in wait of the enemy (or just to remain hidden) and when an enemy approaches, you jump into the light and cut the enemy down, then leap back into the shadow.

The light makes it very difficult to see clearly into shadows (the darker the better).

# 水遁之術

水遁之術 Suiton no jutsu (Water Evasion Art)



Sui Ton no Jutsu is made up of methods for using water to deceive or escape from an enemy, or to infiltrate enemy territory, or to attack an adversary. It contains swimming methods, uses for poisonous liquids, use of breathing apparatus, and deceptions.

# 各種古式泳法

各種古式泳法      Kaku Shu Koshiki Eiho      (All Kinds Of  
Traditional Swimming Methods)

This set of methods have been handed down over the centuries in Japan. They are used for escape, evasion or infiltration in circumstances where water is present. As with all of the techniques in the Tonko no Jutsu, there is a ‘REAL’ element of danger involved in performing them. With the Sution methods it is essential that you have a training partner with you in case things go wrong. Your local swimming pool is a great place to practice the swimming methods as they almost always have lifeguards to hand. Please stay safe when performing these methods.

## 立ち泳ぎ

立ち泳ぎ      Tachi Oyogi      (Treading Water)

This method is used when you wish to remain stationary in the water. The aim with this is first to use 2 hands, then 1 hand and then just with the legs. This is a great method for fighting in the water with or without weapons.

The following explanation is for practicing in a swimming pool.

You can start at the top of the ramp. The water should be up to your chest, at least. (A gentle reminder that your buoyancy is best over the deepest water, and buoyancy is what makes treading possible.) But, progress according to your comfort – you have your whole life to spend enjoying deep water.

As with bobbing, face the wall, hands on the edge, and let yourself hang in the water a bit. You may sink a little – normal.

Your face should be submerged, with your mouth a little open, jaw relaxed.

Hold your breath without bubbling it out this time.

Raise your face for your next breath, exhale it all out and submerge again. Your whole body is relaxed, and you're still holding on to the pool edge.

Begin with a slow "giant stride" scissor kick slowly. No need to work hard while treading – it's a survival technique. Your ankles are relaxed as usual. Each kick pushes you upward.

Now add a wide, ongoing breaststroke-like sweep with your hands, first in front of you, palms out, pushing water behind you along the surface, then returning your hands to the front, palms facing as they meet in front of your chest... back and forth... it's slow but powerful.

You've pushed yourself a bit away from the wall to do this. Come back at your own pace.

Keep submerging your face, breath held in your lungs (mouth a little open), raising it up only to take your next breath.

Exhale everything before inhaling. Stay relaxed and curved a bit forward. Note that your air-filled lungs are the highest part of your body.

That's it. You shouldn't be too far from the wall and can swim easily back.

Treading, breathing freely

As you become comfortable treading with your face down, you'll then:

- lift your face up and back,
- looking up,
- leaning backwards,
- as you rhythmically scissor and sweep.
- you only need your face clear of the water,

- your body relaxed and
- your movements slower than you think.

You can adjust your stroking movements, of course, in order to gradually tread for longer and longer periods.

In *tachi oyogi*, you can also roll your legs in a more circular movement with a feeling of pressing the water down. For the arms, it is preferable if you can perform this without using your arms at all, but it is also acceptable to use one arm for balance.

To use a sword while in the water:- In such cases, it is important to tie a cord to your sword in order to prevent it sinking into the water.

## 抜き手

抜き手 Nuki-Te (Overhand Stroke)

*Nuki-te* uses a breaststroke-style frog kick, but the arms move in the manner of swimming the crawl style. This is very effective for times when you wish to keep an objective in sight, and you wish to swim fast (this is regarded as the fastest swimming method). You can also carry a weapon in your mouth (like a Tanto) or tied to your back (your sword).

Here are some tips for your arms for the crawl method.

1. When swimming front crawl, keep your head still (apart from when you're breathing). To practice this, swim as far as you can comfortably manage without breathing and concentrate on the contrasting feeling of your hips rocking while your head stays still.
2. Although the exact path of the pull is a lot down to personal preference, keep the following in mind.

You wouldn't haul a rope in with your arms out to the side of your body, you'd do it towards your stomach. So at the beginning of the

pull (before you've reached your waist) try to keep your hand somewhere near the centre line of your body.

As you pass your waist and the pull turns more into a push start to move the hand further out away from the body – you wouldn't do a push up with your hands close to your body, you'd keep them shoulder width apart.

Although the arm obviously starts straight, have a slight bend in your elbow during the main part. Longer levers may well be more effective but you need to be very strong to control them.

Try imagining that there are a series of poles sticking up out of the bottom of the pool and that you have to grab hold of them and use them to pull yourself forwards.

4. The path of the arm recovery over the water is again a lot down to personal preference and you'll see all sorts of styles even at top level swimming, but we would recommend that as your arm recovers you tuck it in so that your hand passes fairly close to your arm pit.

The following concerns the 'frog kick' method for the legs.

The leg movement, colloquially known as the "frog kick", consists of two phases: bringing the feet into position for the thrust phase and the in sweep phase. From the initial position with the legs stretched out backward, the feet are moved together towards the posterior, while the knees stay together. The knees should not sink too low, as this increases the drag. Then the feet point outward in preparation for the thrust phase. In the thrust phase, the legs are moved elliptically back to the initial position. During this movement, the knees are kept together. The legs move slower while bringing the legs into position for the thrust phase, and move very fast during the thrust phase. Again, the goal is produce maximum thrust during the in sweep phase, and minimum drag during the recovery phase.

As a variant, some swimmers move the knees apart during the preparation phase and keep them apart until almost the end of the thrust phase. Moving both knee and foot outwards like a real frog avoids the extreme rotation in the lower leg.

## あおり平 (のし)

あおり平 (のし)      Aori Hira (noshi)      (Flat Scissor Legs Swimming)

This is a swimming method handed down in the *Togakure Ryu*. You can swim both quickly and soundlessly. The front arm strokes below your body, and the rear arm makes large strokes along the line of the body, down toward the legs. The leg stroke is called “Aori Ashi”. One leg kicks the water with the top of the foot, and the other kicks the water with the sole of the foot like in the breaststroke. The legs move in a scissoring action.

Here, too, a weapon can be carried in your mouth or tied to your back.

## 補縛泳ぎ

補縛泳ぎ      Hobaku Oyogi      (Restrained Swimming)

This method is a ‘last-resort’ swimming method for surviving when you have been tied up and bound. Float face-up, and move your entire body like a dolphin in order to propel yourself through the water. When you reach the shore, try to shoot your body out of the water using this propulsion and slide your back up the shore to reach dry land.

## 毒水鉄砲之法

毒水鉄砲之法      Doku-Mizu Teppo no Ho      (Poison Water Cannon Method)

The doku-mizu teppo is a water cannon made from bamboo and filled with poisoned water. Prior to using the cannon, block the hole, for example with grass or wax. Shoot it at an enemies eyes or mouth.

You can then escape or attack during the opening when the enemy reacts to this. There are both large and small versions of this weapon.

For using the cannon, place the end against your lower abdomen and pull the water tube towards you. This allows for accurate aim and more power so the jet of water will fly further.

This is how to make your own Mizu Teppo

These are the materials that you will need to make the water gun (see illustration on the next page)

- 1 piece of bamboo pole with the appropriate holes drilled.
- 1 smaller stick with the appropriate holes drilled.
- 1 piece of bamboo to make the handle with appropriate holes drilled.
- 1 length of soft cotton.
- 1 square piece of cloth.



Materials needed for the Mizu Teppo.





The handle is placed onto the plunge stick and pegged into place.



Place a couple of pegs on the other end of the plunge stick to hold the soft cotton in place.



Wrap the soft cloth around the pegs .



Secure the cotton with an elastic band or some string.



Wrap the square of cotton around this and secure it with an elastic band or some string.



This in the plunge stick completed.



The one end of the bamboo is bored out completely – this allows the plunge stick to be put in (this is also the end that the water is placed in).



The Mizu Teppō is now ready to use.



This is a view of the front – you can see that a smaller hole is in the front to allow a smaller stream of water to be pushed out when the plunge stick is pushed. This can always be plugged with wax or dirt if the weapon is not to be used at the time.

As for the poison liquid – I believe that this weapon would have been used as a kind of Metsubushi tool. If the water was infused with chilli's, vinegar, lemon juice and of course poisons (for example, the poison that comes from the blowfish) – when pointed towards the enemies eyes or mouth, the effect on your enemy would be instant pain / discomfort and would allow you to escape, evade or infiltrate.

## 欺変攪乱之法

欺変攪乱之法  
Disturbance Method)

Gi Hen Kaku Ran no Ho

(Deceptive

This method is used if you are being pursued by an enemy close to a pond , river or a stream.

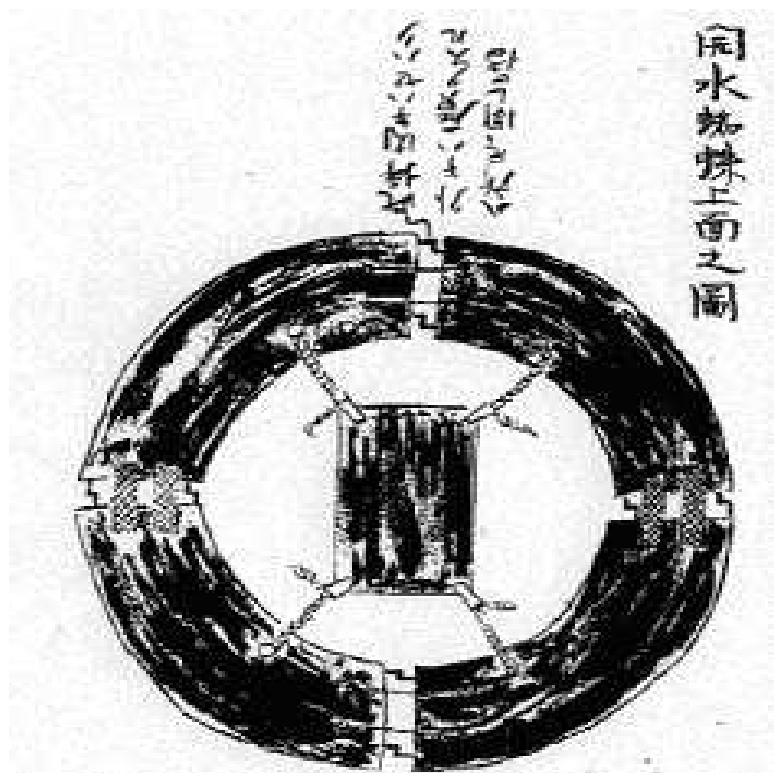
To make the enemy believe that you have entered the water, you pick up a large stone or a branch and throw it into the water – immediately go in the opposite direction and hide using any of the methods written in this book.

As the enemy investigates this, you either escape evade, infiltrate.

## 水変蜘蛛之法

水変蜘蛛之法 Mizu Gumo no Ho (Water Spider Method)

This is a device for floating, suspended in the water. Four to Five separate compartments are made from rabbit skins and inflated. These are held together by string and tied together to create a circle. In the centre, there is a wooden seat also attached to the circle.



This is a device for floating, suspended in the water. Four to Five separate compartments are made from rabbit skins and inflated. These are held together by string and tied together to create a circle. In the centre, there is a wooden seat also attached to the circle.

In shallow water, a Kama-yari can be used as a rowing pole. The Kama part of the blade can be used for either snaring an object on shore to aid getting out of the water, or as a weapon.



In deeper waters, a Shinobi-Gai (忍び櫓 Stealth Paddle) is used. This is made from a 3 foot length of bamboo with a fan of bamboo strips on the one end and a hidden weighted chain on the other. The chain is used for either snaring an object on shore to aid getting out of the water, or as a weapon.

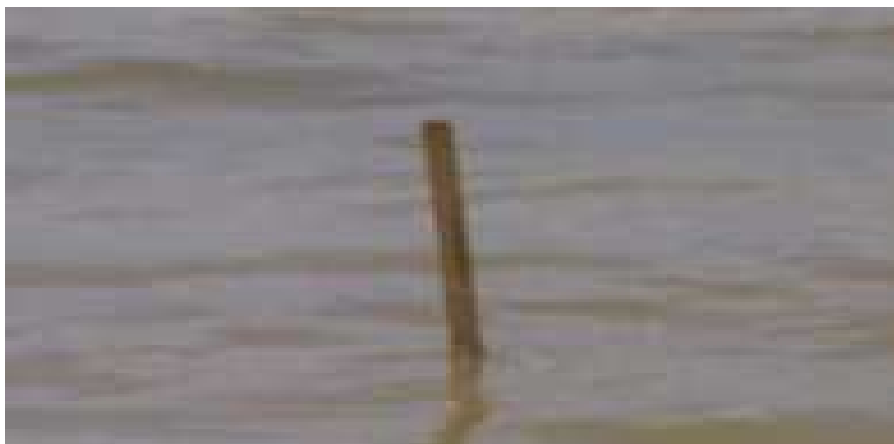
With the mizu-gumo, it is important to move your legs like a swimming bird for balance.

## 水中器之法

水中器之法 Sui Chu Ki no Ho (Underwater Tool Method)

The Sui Chu Ki is a tool used in the Togakure Ryu. It is made from a 3 foot length of bamboo with a mouthpiece attached to it, and has two main uses. The first use is for breathing when you are underwater. It can also be used as a horn, like a conch shell for signalling. It can of course be used as a weapon.

For staying underwater, it is important to stay submerged by using one hand to hold onto reeds, or something to prevent you from floating to the surface.



Be sure to breathe only through your mouth, not your nostrils – if needed, you can always block your nostrils prior to using this method.

It is possible to remain submerged for 12 hours using this method.



# 人遁之術

人遁之術 Jinton no jutsu (Human Element Techniques)

Jinton no Jutsu is the use of disguise and identity concealment (Hensojutsu 変装術) to escape, evade or infiltrate the enemy – so learning how to imitate the following convincingly is important. This has a close relationship with theatre and acting. Jinton no jutsu also includes ways of using the different classes of people for escape, evasion and infiltration.

## 男遁

Danton 男遁 (Male)

Depending on whether or not you yourself are male (Jin 人) or female (Onna 女), depends on the approach you will take.

Men are egotistical creatures and as such, you can use honour, embarrassment, vanity or pride against them to manipulate them into doing your will.

It is also important to discover the man's interests and daily routine as this can be vital in one's strategy for using him.

Sex is always an important factor in the manipulation of men, so it is important to know the man's sexual orientation in order to be able to exploit him. It is also important to know how to use Kunoichi くノ一 (Female Ninja) effectively to obtain information from men.

# 女遁

Onnaton 女遁 (Female)

Females are also creatures of ego and as such, the same applies to females as does to males.

Gossip amongst females is also something to consider – this can be very effective to spread disinformation.

It is important for the Ninja to know how to impersonate a female and understand the strategies of the Kunoichi to be able to use them within a situation.

Kunoichi くノ一 (Female Ninja) were trained differently from male ninja. Their training focused more on disguises, poisons, and using their gender to an advantage. While they were trained in close combat, they were only to make use of this knowledge if they were caught.

They would usually disguise themselves as geisha, prostitutes, entertainers, fortune-tellers, and the like to get very close to the enemy. It is thought that they would generally seduce the soon-to-be victim and when they get close enough, would poison them, but it is just as possible they would be disguised as a household servant, allowing them many opportunities to overhear information or get close to a victim.

Kunoichi would hide a variety of hidden weapons on their persons. They would also conceal weapons within everyday items such as a knife within a bunch of flowers or poison dust on the flower itself.

## 老遁

Roton 老遁 (Elderly)

Elderly people are very good sources of information gathering within regions as they have most probably lived in that area most of their life and know a great deal about the comings and goings within that region.

Typically, old people are happy to talk to anyone – especially ones that have no immediate family caring for them, so gaining their trust and obtaining information from them is not difficult.

Old people also know everything from local legends to the lay of the land (topography) which is vital for Tenmon / Chimon (see last section).

Lastly, it is vital to study the mannerisms and the way old people move – for example, if an old person worked as a farmer all his life, then he would probably be hunched over and suffering from arthritis, where as an old samurai may suffer from old war wounds and bear scars. This is an important aspect of Henso Jutsu.

## 幼遁

Yoton 幼遁 (Young and infants)

Children are playful by nature, so a good method of escape is to coerce the children to play some game or other close to your enemy as a distraction to aid your escape, evasion or infiltration. Also, a woman carrying her child would be a clever disguise for a Ninja as it would not draw much attention and – for what people may presume is a baby, may actually be Ninja tools etc.

Children are also trusting by nature and may be bribed either with food or money to give information without them realising they are doing it.

Children would also be held captive in order to blackmail the parents and relatives. Hostage swapping was a common practice in any negotiations as a trust bond.

## 貴遁

Kiton 貴遁 (Aristocracy)

The most important factor to consider when it comes to aristocracy is the various rules regarding etiquette, proper speech and the hierarchical structures within this class – so the Ninja needed to be able to blend into this environment either as a high ranking Samurai or as the ‘hired help’ – but it was vital to understand the correct way to conduct ones self to effectively disappear. Also, for instance, a Daimyo, or Shogun for that matter, would have advisors for the various decisions that they would have to make in the day to day governing of their fief or country. It was important for the Ninja to know ‘who was who’ to enable him to potentially manipulate the Daimyo or Shogun either directly or through his advisors. It was a well known fact that the Ninja often pulled the political strings of power without anyone realising it.

## 賤遁

Senton 賤遁 (Poor)

Poor people would often beg in public places such as local temples, shrines and busy town areas, and as a result they would be in a perfect position to gather information about the region / town – so the Ninja could either offer money or food for this information as they would almost certainly be susceptible to bribes. The most likely scenario would be that the Ninja would disguise himself as a beggar and carry out this information gathering while remaining invisible within these surroundings.

# 変装術

Hensojutsu 変装術

Hensojutsu is the art of disguise. The most important part of this is Shichihode 七方出 (seven disguises) and is made up from the following –

Tsune no Kata 常の形 (commoner, including Ronin, or masterless samurai, farmers and townspeople),

Sarugakushi 猿楽師 (Travelling Entertainer / Dancer)

Hokashi 曲芸師 (Travelling Entertainer / Minstral / Magician...)

Shukke 出家 (Monk),

Komuso 虚無僧 (bamboo flute playing mendicant zen priest)

Yamabushi 山伏 (mountain-dwelling ascetic)

Shonin 町人 (merchant)

You should study all of these thoroughly and understand that there is a close relationship with this to the performing arts. So, you should study different styles of clothing for all classes, the way people appear and the use of makeup to aid your appearance (special attention should be placed on the eyes), the different hair styles of the various classes and changing the shape of your body with both posture and prosthetics and lastly matching your movement to fit your disguise. You also need to study different dialects of speech and the customs that are specific to the region that you are in. If your disguise includes a musical instrument or an art such as the tea ceremony (for example) you should master these arts so as to be convincing – it is the small details that will give you away.

# 禽 獣 虫 魚 遁 遁 遁 遁

Kinton (Bird Evasion) Juton (wild Animal Evasion)  
Chuton (Bug Evasion) Gyoton (Fish Evasion)

## 禽遁

Kinton 禽遁 (Bird Evasion)

This is how to use birds within the strategies of escape, evasion and infiltration. Over the centuries and all over the world, people have trained birds for a variety of purposes. Birds of prey are used for anything from hunting to keeping other birds and small animals away from your area. Pigeons are used for carrying messages to a specific location and have been effective for many hundreds of years. Birds of prey can be very effective in stopping messages getting through via pigeons. Birds of prey can also be used to attack and kill the enemies fowl.

Ninja would learn how to startle birds to create a distraction against the enemy. They would also learn to mimic certain bird calls in order to attract or startle birds.

Saiminjutsu 催眠術 (Hypnosis) could also be used on certain birds. For example –

Closing a chicken's eyes and stroking its back will paralyse the bird. Clapping your hands next to the head will awaken the chicken.

Covering a love bird's eyes and then shaking it will also paralyse it. The bird will appear dead. Throwing it into the air with a Kiai will awaken it – the bird will not fly, rather flap it's wings frantically and fall to the ground.

## 獣遁

Juton 獣遁 (Wild Animal Evasion)

This is how to use animals within the strategies of escape, evasion and infiltration. Over the centuries and all over the world and throughout the ages, people have domesticated dogs and used them to perform various jobs – including guard dogs, drugs and explosives detection, guide dogs and – of course – as companions. The best way to befriend a dog is to give it food. However, this may not always work as they may have just been fed, so be aware of this. Also, dogs are prone to enjoy a good game of fetch (use this to get the dog away from you) however, they usually return with the item for you to throw it again – so this wouldn't be a good strategy if you wanted to remain undetected by humans. If you use food to befriend the dog, be aware that you can also drug or poison the dog if needs be. If you have a dog hunting you, rubbing another animal's scent on yourself will mask your own scent.

It is important to know how to trap wild animals to be able to use them to aid escape – or for a food source if necessary.

Ninja would sometimes tie a wild animal to a tree. The tree would move and alert the enemy. As the enemy inspected the tree, this would allow the Ninja to escape, evade or infiltrate the enemy.

Ninja would sometimes keep mice in their pockets. If the mouse was released into a room where people were relaxing or sleeping, this

would cause panic amongst the people within the room – especially women and children. This would create a great diversion for the Ninja.

## 虫遁

Chuton 虫遁 (Bug Evasion)

This is how to use snakes, toads and spiders etc. within the strategies of escape, evasion and infiltration. These animals can be easily placed in the pocket. Snakes were attached to the weighted end of the kusarigama. When thrown at the attacker and the rope wrapped around them, would result in the attacker being bitten by the snake. In this case the snake does not need to be poisonous. The sheer fact that they had been bitten was enough to scare some people to death.

People are naturally jumpy when it comes to these kinds of animal, so if such things are released into a room – again – while the people are either relaxing or sleeping, this will have great effect and cause much fear.

In the old days the Samurai would listen for the sounds of crickets. The reason for this was that when humans approach crickets, they stop rubbing their legs to hide themselves from coming danger. To counter this, the Ninja would breed crickets and keep them around humans all their life. They would be taken with them, and as such when the wild crickets became quiet, the bred crickets would be released and continue making a sound – thus the Samurai would not be distracted.



# 魚遁

Gyoton 魚遁 (Fish Evasion)

This is how to use fish within the strategies of escape, evasion and infiltration.

Firstly, it was important for the Ninja to know how to catch fish – fish is, and has been for many hundreds of years, a main staple of the Japanese diet.

A Ninja could poison the waters of an enemy's territory to kill the fish – thereby taking away an important food source.

Fugu 河豚 (Blowfish) livers contents are highly poisonous. This poison was used for the tips of shuriken, arrows, darts and even sword blades.

Another method was for the Ninja to disguise himself as a fishmonger – messages or weapons could be hidden in the fish and easily transported or passed on without arousing suspicion.

# 日遁之術

日遁之術 Nitton no jutsu (Sun Element Techniques)

The most important aspect of Nitton no Jutsu is 'Kurai Dori' or 'Proper Positioning' – to position yourself to use the sun to your advantage.

The sun must be kept behind you at all times when fighting an enemy – this will blind the enemy thus creating a natural advantage.

If the sun is in front of you and you are faced with an enemy, use your sword or any metallic object to reflect the sun towards the

enemy's eyes to temporarily blind him and take advantage at that moment.

# 月遁之術

月遁之術    Getton no jutsu    (Moon Element Techniques)

This is to use the moon for attack, evasion and infiltration. Knowledge of the timing of the moons cycle is essential. You move when the moon is new and remain still and observe when it lights up the earth – use the shadows that are created naturally for this – this is similar in method to In/Yo no Ho from Kinton no Jutsu.

# 星遁之術

星遁之術    Seiton no jutsu    (Astronomy Element Techniques)

Seiton no Jutsu is used for navigation at night – you use the well known constellations to determine longitude and latitude. You need to study star patterns in relation to where you live and create a chart that you can determine direction from. This is used to aid attack and retreat at night. If it is cloudy, usually landmarks will be silhouetted against the clouds – this should also be studied within your local area – i.e. a lake will show up differently against a cloud as opposed to a field.

# 雲遁之術

雲遁之術    Unton no jutsu (Cloud Element Techniques)

This is the method of using clouds for escape, evasion or infiltration by using naturally occurring cloud phenomena to your advantage.

In the Togakure Ryu, the clouds are used as a blanket that covers the moon at night thus creating darkness. This is known as ‘Ankoku Toshi Jutsu’ meaning ‘Darkness Perspective’. Ankoku Toshi no In is related to this – it is used for seeing into darkness.



# 霧遁之術

霧遁之術 Muton no jutsu (Fog Element Techniques)

Also called Kirigakure no Jutsu, Muton (Mu means fog) is for moving an army or disappearing in fog. There are two main uses for Muton no Jutsu - the first is to determine when the fog will come down, the second is using it at the moment it arrives. For example, fog usually arrives after a lot of rain has fallen when there is warm, still air or when rain comes from the sea to the land in the morning, followed by a warm southerly air current in the afternoon, then a cool northerly wind in the evening. This is based on predictions from Tenmon Chimon and as such you must understand that predictions are purely based on 'weather lore' and differ from country to country, region to region, season to season. You must study this for your own region or for regions / countries that you intend on visiting.